



10 Day Alkaline Challenge

Menu Plan - Day 6 - Recipes

Snack

The Beetroot Queen

INGREDIENTS:

- 1 tbsp chai seeds (optional)
- 1 apple, cored & cut into quarters
- 1/2 beetroot, peeled & coarsely chopped
- 2-3 kale or swiss chard leaves or handful of baby spinach
- juice of a 1/4 lemon
- 1 cup of water or coconut water
- handful of parsley leaves (no stem)



METHOD:

1. Soak the chai seeds, if using, in a small bowl of water for 5 minutes
2. Put the apple, the the beetroot, lemon juice, leafy greens (except the parsley) and then the chai seeds into a blender
3. Add the water or coconut water and pulse all the ingredients together for 30 seconds then add the parsley and blend on high for a minute or so. (The chai seeds act as a thickener, so if you want your juice runnier, add more water or leave out the chai seeds)
4. Pout into your glass and drink immediately or store in a flash and put into the fridge for later

NOTE: This recipe produces a towering beverage. You may choose to share it or pour half into a jar to take to work or save for later. It is great after morning exercise or to tide you over while cooking. This juice is known for clearing sluggish bowels. Try and use a granny smith apple when in season.